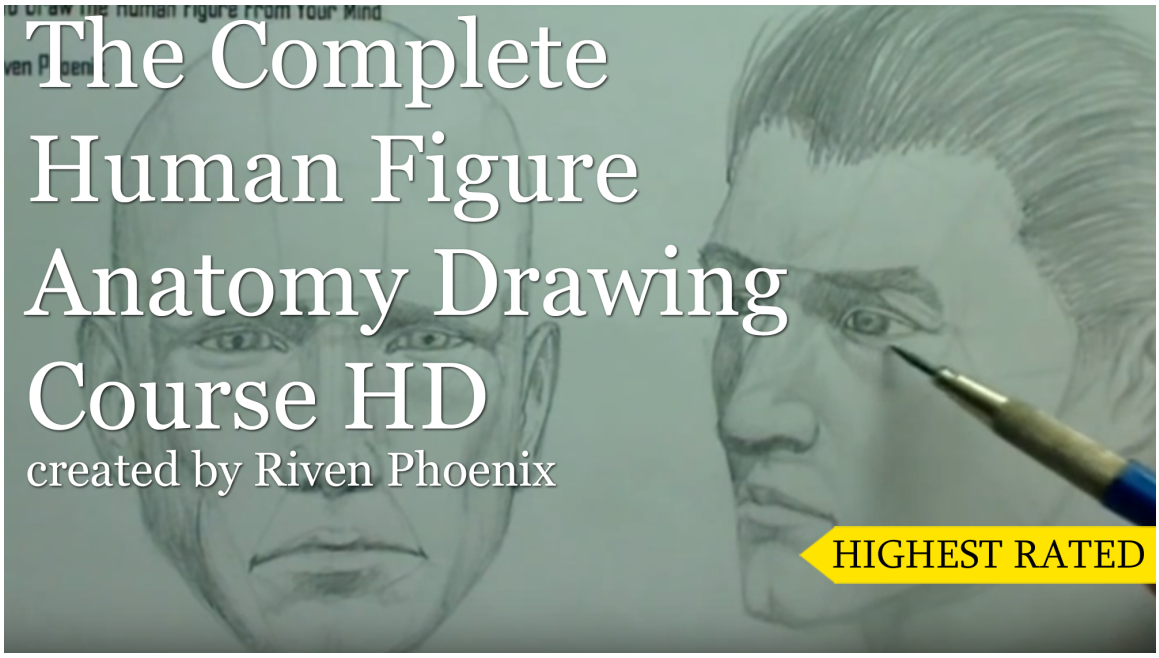

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 149 - The Muscles of the Arm - Part 11

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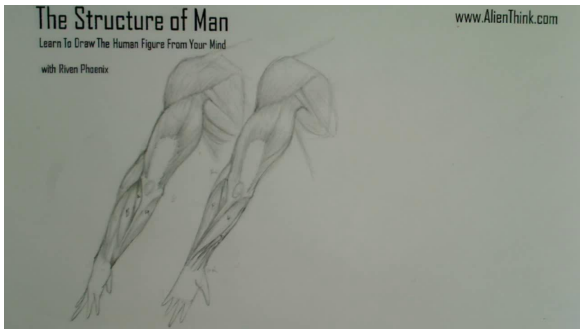
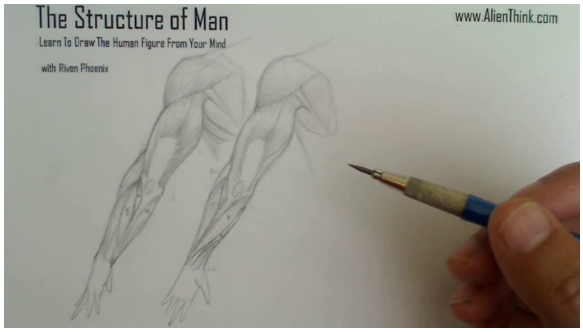
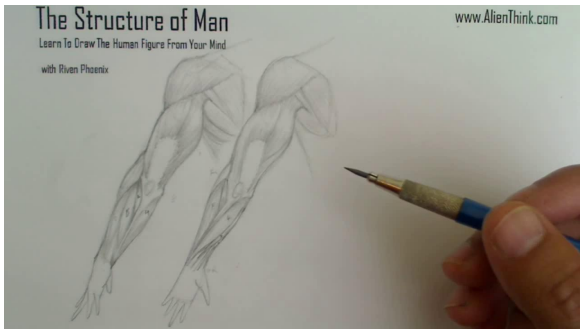
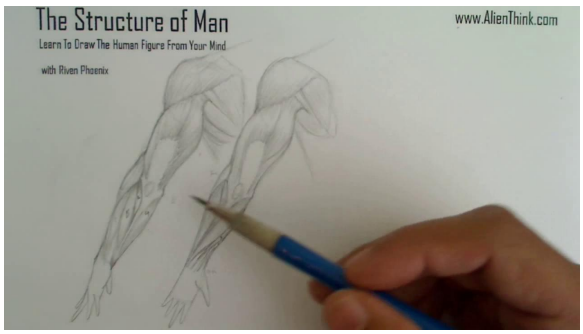
1		Hey guys, my name is Riven Phoenix and welcome to the structure of the plan.
2		We'll learn to draw the human figure from your mind training course.
3		Okay, so in the previous lesson, we had looked at what was going on with the forearm muscles
4		when we started twisting, turning and twisting the hand, right?

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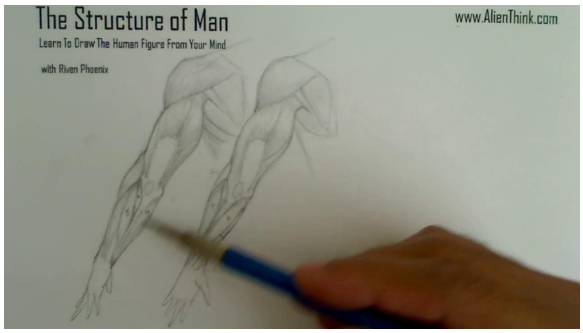
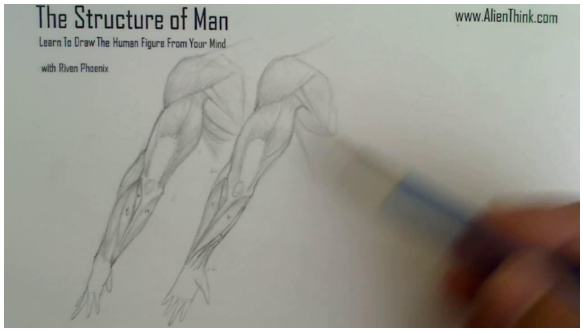
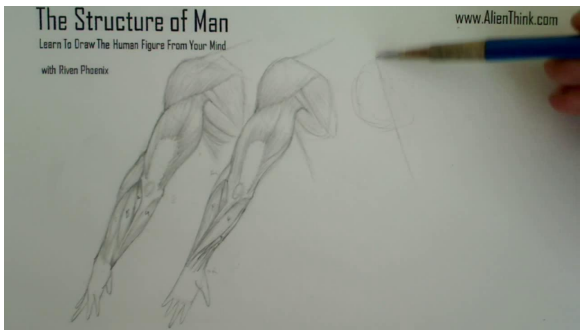
5		Really getting really comfortable with this idea of what starts happening.
6		So now let's draw out the arm from the back, right?
7		So let's say that what I want to do is just make the arm so really the palm is going
8		to be kind of like facing us, right?

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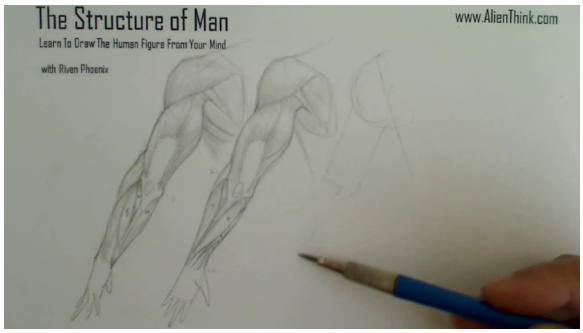
9		So here, let's say that this is going to, we'll just do the same arm again that we've
10		been doing and just draw it out like this over here and then here is going to be the
11		elbow over here and here we're going to tell you that, okay, this is basically where
12		the hand should be, just like this over here, right?

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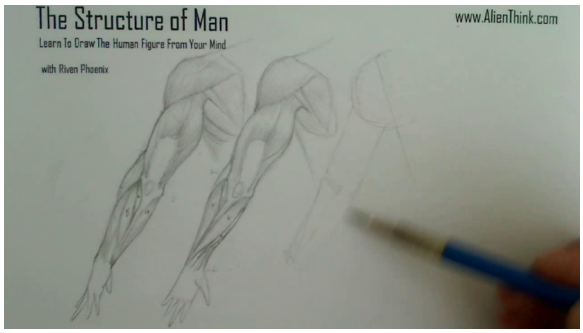
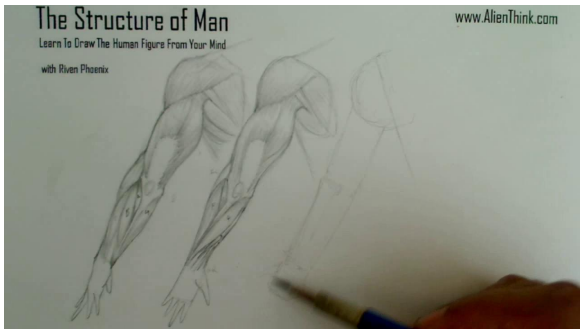
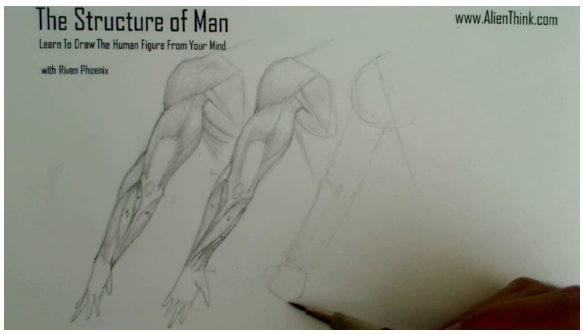
13		So it will be much more straight over here and then over here we can just draw out the
14		hand like this, thing that we get the concept and here is going to be just basically the
15		hand like this.
16		So it's going to draw like different variations of the hand just to get your mind comfortable

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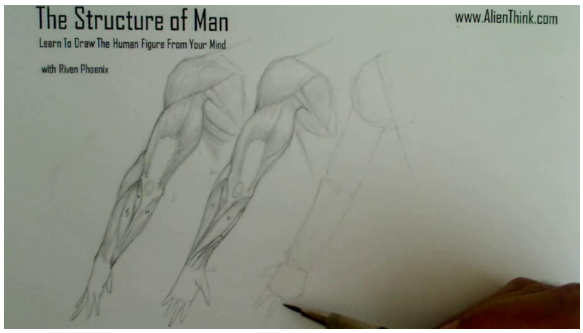
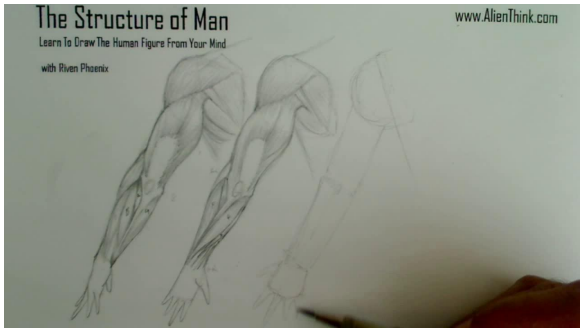
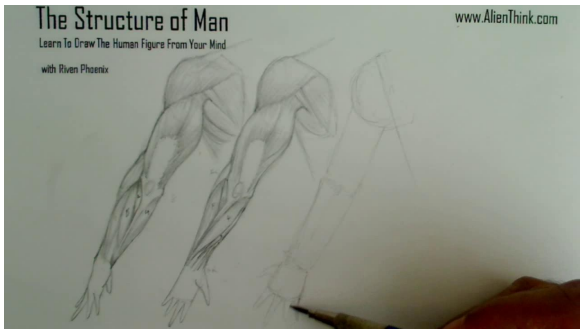
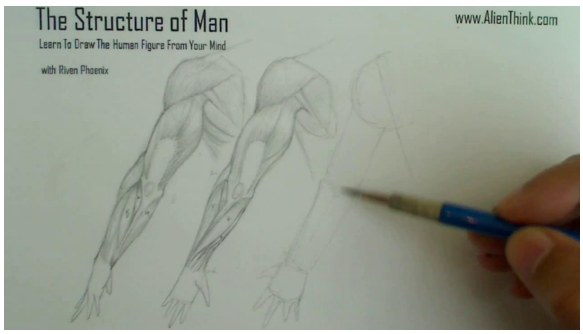
17		with this idea because what's going to happen is when we start to draw out the hand, it's
18		just going to be very easy, right?
19		So that's what we're doing also quietly just getting the mind prepared to that idea, okay?
20		So here's my elbow, right?

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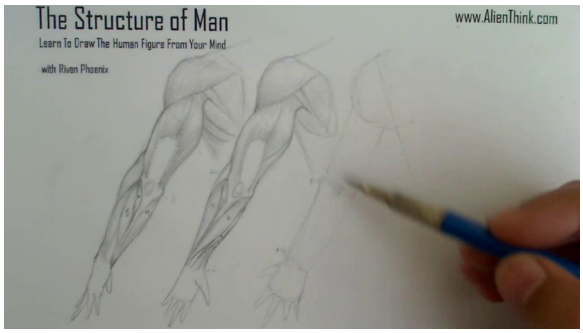
21		And I know that okay, the radius is going to be right over here.
22		So now I've got to look where is the radius and now look the radius came right over here.
23		Right, so this is going to be easy.
24		So what we're going to do is do the same thing, okay, so for over here, which is going to

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25		mark out that this is going to be where the scapula is going to be and just pretty much
26		actually just go a little bit up, do the same thing over here, right?
27		So we know that right, it's just going to be like this, it's going to come down like
28		it did over here, right?

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29		It's going to come down this way, kind of like soup in and then it's going to go up and
30		it'll just go about its business, right?
31		The purpose of the mannequin is really just for a template system and then here you can
32		just automatically see that okay, I'm going to get like this connection system here so I

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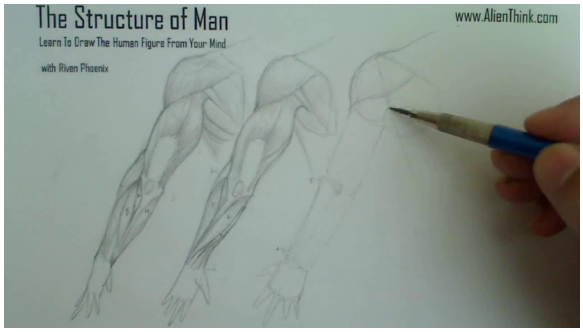
33		can just determine that, right, I'm just going to get my tricep over here, right?
34		So you can like balloon it out just like this over here a little bit and then you can
35		make the tricep like this over here and then we're going to be pretty much just done, right?
36		So you'll get like different ideas here for the tricep and you know that this connection

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37		that we're creating here, it's going to be very easy to understand that's really just
38		like this, right?
39		We're both going to the humorous bone over there, right?
40		So we know that okay, well this idea here is going to be just like this and I'm going

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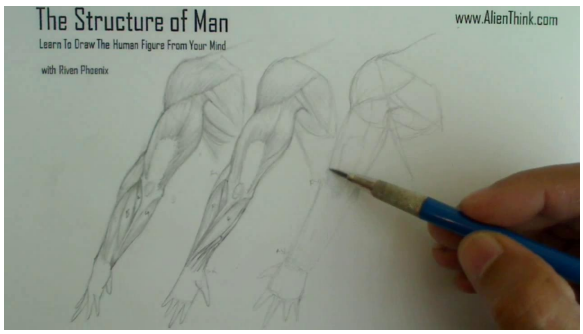
41		to get the same concept just like this over here and done, right?
42		So here where we have this over here, we know that okay, I'm going to get definitely
43		like that bony structure over here.
44		So here we know that okay, I'm going to get 6 and 7, where do 6 and 7 want to go, right?

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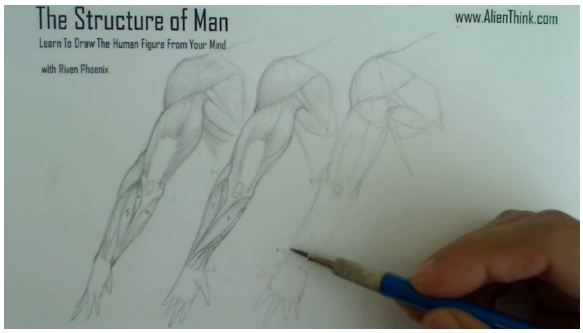
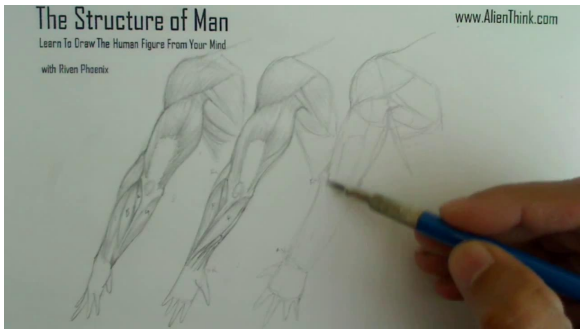
45		They're going to be again going on the underside of the thumb.
46		So the same thing is going to happen again, we just have to come here and look that okay,
47		well I mean it's really just going to be coming down more to the side over here, right?
48		That's what's going to happen to it, right?

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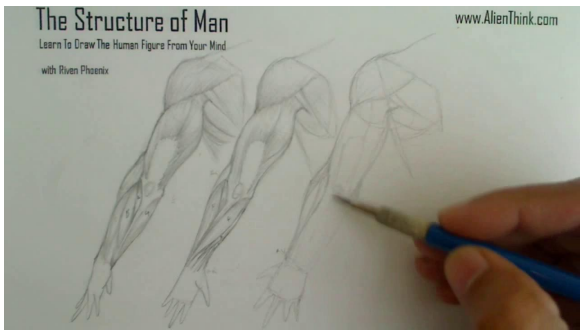
49		So here when we draw this out, we're going to actually make it a little more bigger
50		if we want to just to balance out the arm a little bit, right?
51		So here I'm going to get 6 and 7, so I know that okay, well there goes 6 and then 7.
52		Okay, so here's going to be my elbow, now this is what we need to figure out, it's the

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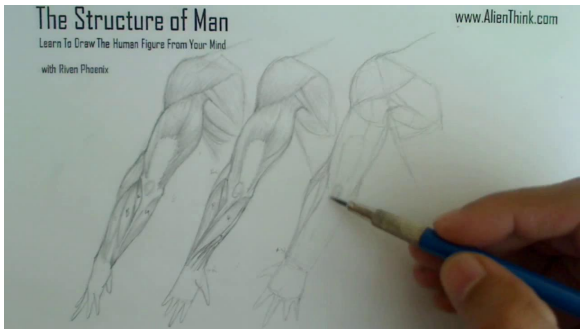
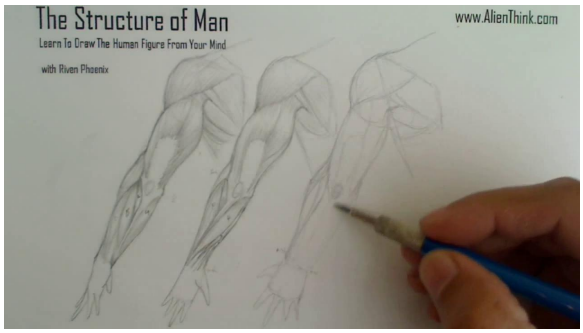
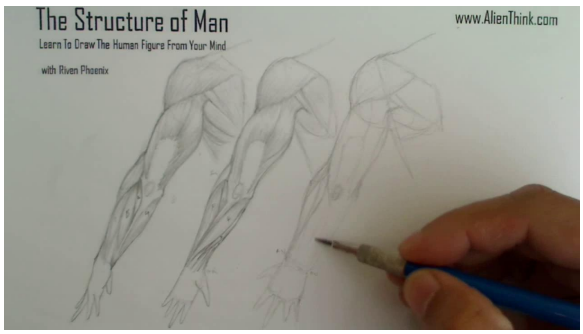
53		same thing again happening, right?
54		So we know that look the alna is here and over here, we're going to get the alna over
55		here just like this, it's the same idea, right?
56		It's just going just like this, so you know that okay, well I'm going to get a muscle

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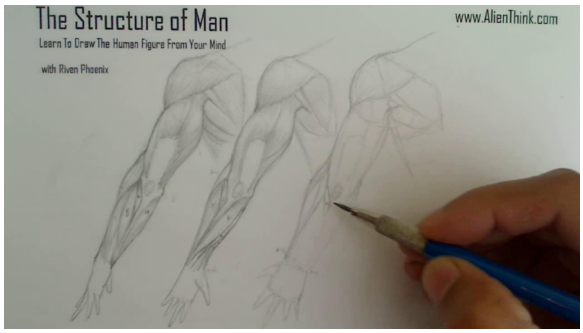
57		a over here, then over here b wants to go to the top of the palm area over here, this
58		is going to be b, right?
59		And then I know that okay, then I'm going to get muscle c over here, he's going to want
60		to come over here like this, this is going to be c, then I know that when I do that, you're

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61		going to get, remember this is going on to that very corner, right?
62		So when we get this, we're going to get d then all of a sudden we get these two muscles
63		that are wanting to come to the site, remember this is the palm area that we're looking
64		at, right?

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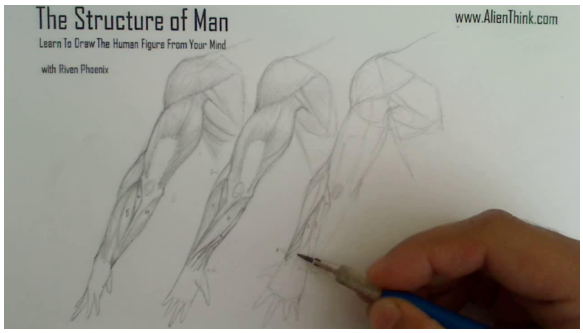
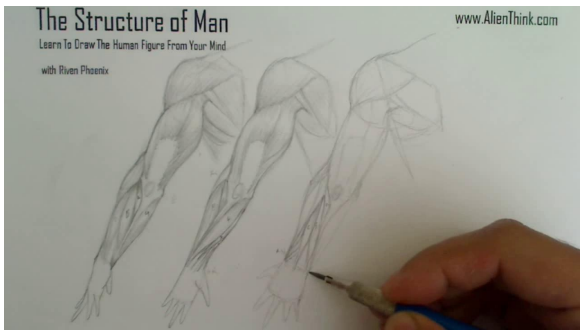
65		We just want to understand the concepts of the muscles, and then everything else here
66		is just common sense, that you're just going to get these guys here like this, right?
67		So then you're going to get over here, obviously muscle number four that wants to get on the
68		bottom side, see, he wants to get on the bottom side over here, so you then know that

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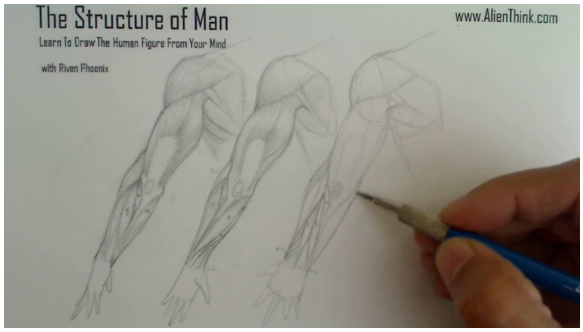
69		right, he's going to go like this, and now I'm really not going to see much of really
70		anybody over here, right, and then over here we'll just come in like this, right, and
71		this will be number four, and this is going to be d, and this is going to be e and f over
72		here, right, and that's it, so we get this arm down, okay, so here we know, okay, right,

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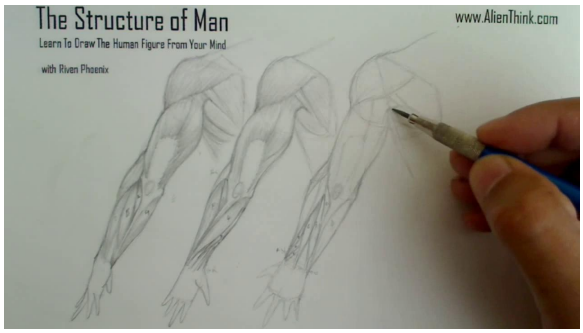
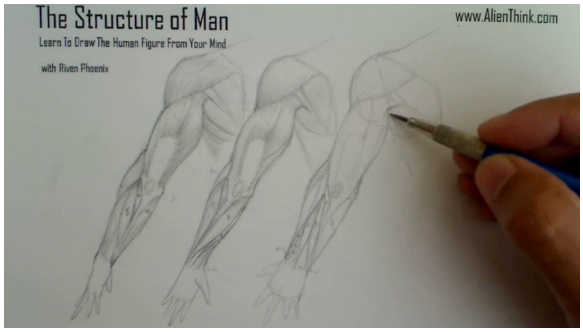
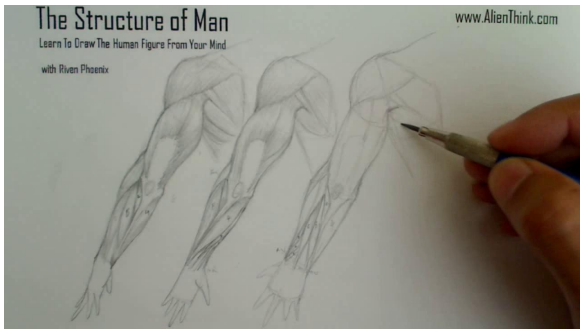
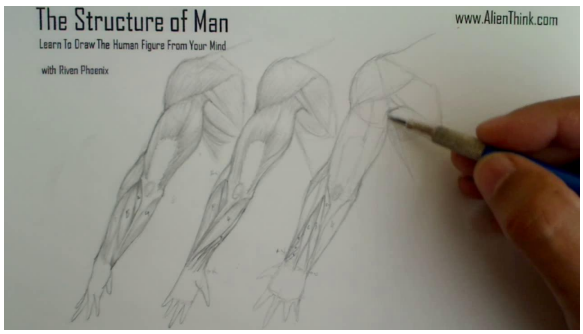
73		here I'm just going to start to get, right?
74		So the connection to understand over here is really just understand like the door size
75		is going to come here, he's going to come in and here, so obviously you're going to get
76		like a bump over here a little bit, right?

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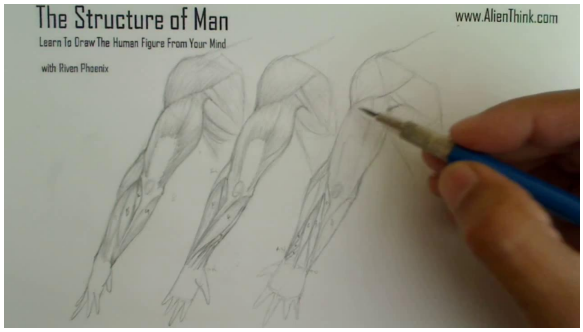
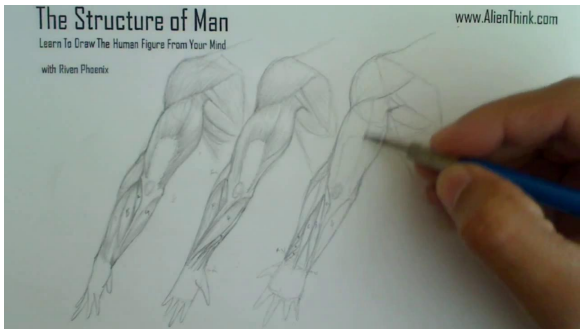
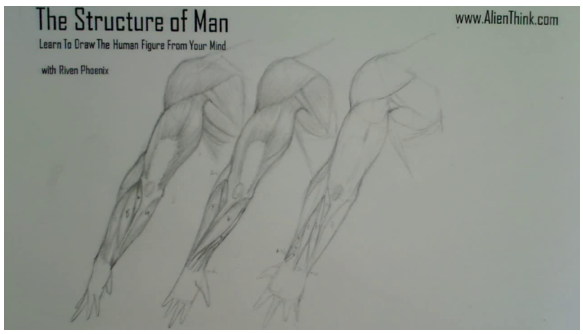
77		You're going to get like a muscle overlapping, showing that that's what's going to happen
78		on that side, and here you can just simply, right, just look at the control lines of this,
79		so again we can just lightly erase these lines here, and just clean up the ideas again,
80		okay, so over here I'm just going to get these muscles going in this direction over here,

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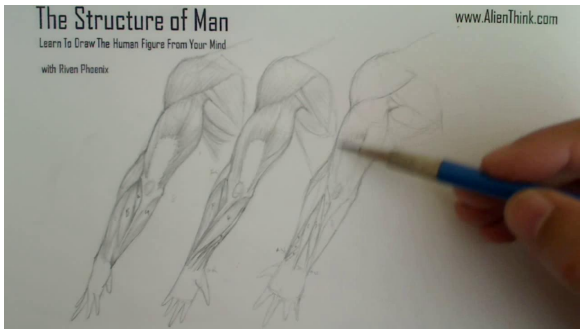
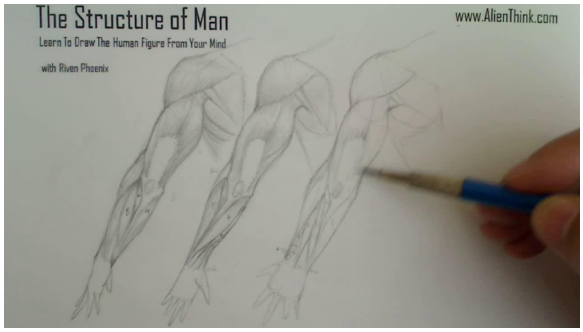
81		like this, right, and then over here it's just going to cut, and I'm going to start to get
82		the triceps muscles to be like this over here, and it's just going to be much more bigger,
83		right, it's going to be much more bigger because it's the second tricep muscle,
84		and he's just going to go in and basically we will be done,

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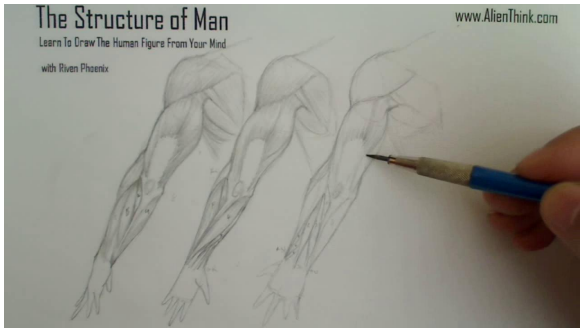
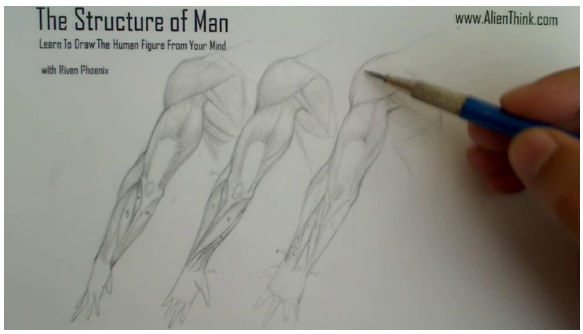
85		what's important is that where this curve that he comes close over here, that's why you get that
86		connection,
87		right, and then over here, just do the same thing,
88		when that, right, the deltoid is just coming like this over here, right, and where we made this line,

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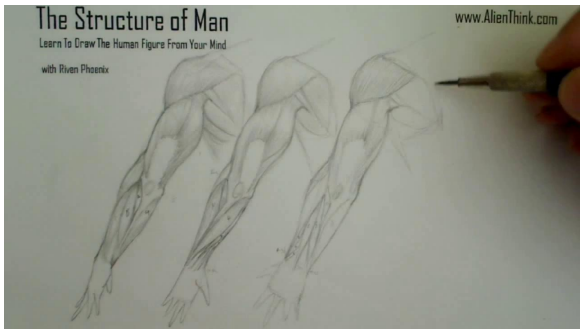
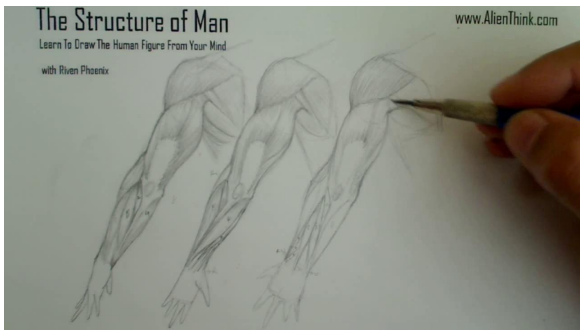
89		it's basically where we really want it to be over here a little closer, right?
90		So here we're just speeding through the sketching process over here, right, so I just want to,
91		what we're trying to do is force the mind to become a little more faster at the same time,
92		and thinking about all this stuff,

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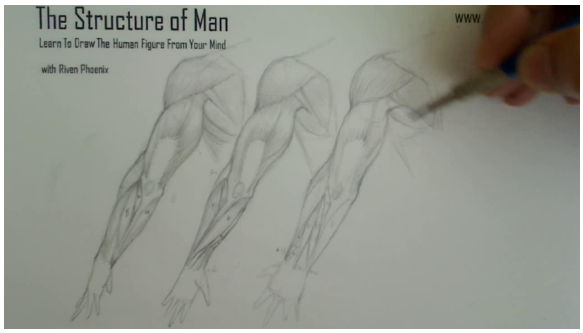
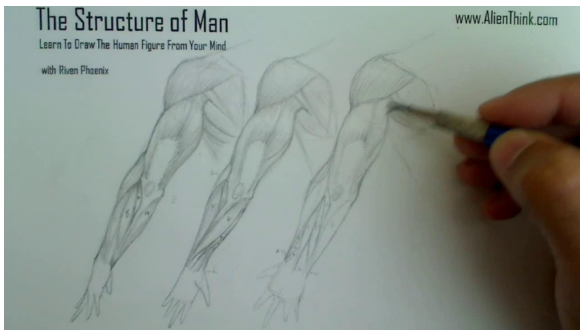
93		right, over here, and then you know that you're going to get a little bit of this line over here,
94		that we did over here, right, so try different variations, all of it, and then over here,
95		it's just going to be like this over here, right, and then here we're just going to get
96		the remaining muscles, the tricyme,

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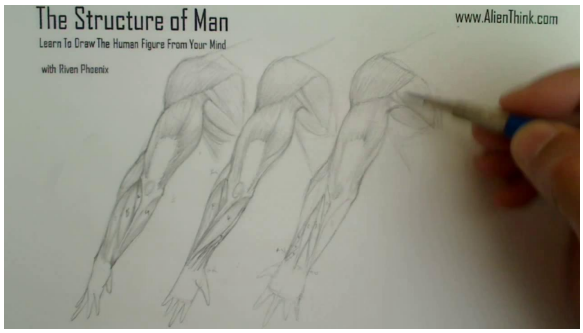
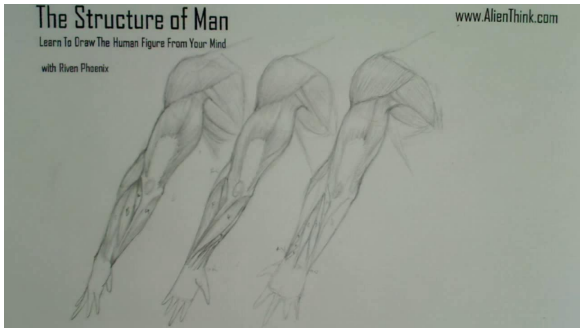
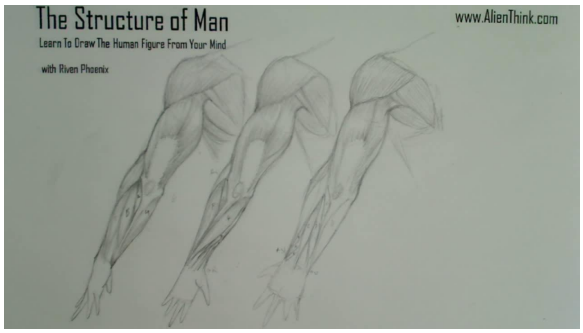
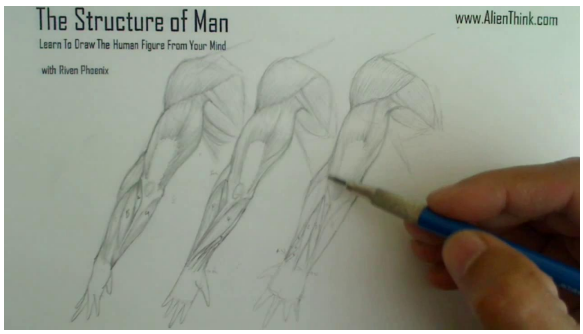
97		okay, so this here is now done on this end, so you can just put that as a line down of understanding,
98		okay, so now we're just going to wrap this up over here,
99		just going to sharpen my pencil, just finish this part off, line that up right,
100		over here I'm just going to get these muscles over here, just like this,

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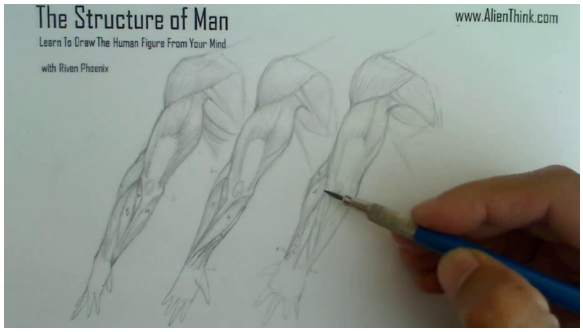
101		so this is going to be six, and this is going to be seven,
102		and then over here I'm going to just get muscle A over here,
103		and then muscle B,
104		right, so all these muscles just become tendons over here, keep that in mind, the balloon areas

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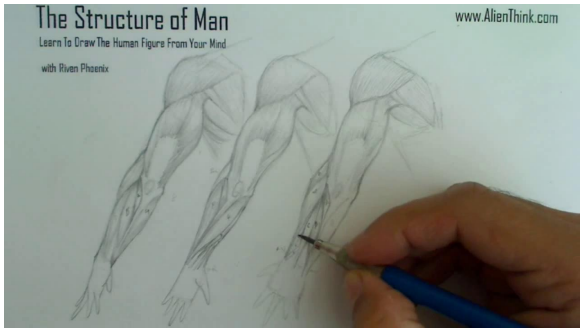
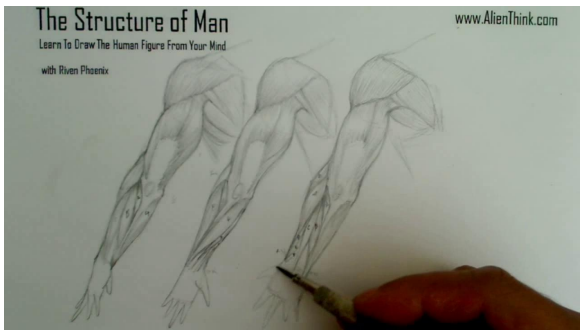
105		over here, right where they start to balloon out, B, and this is going to be C,
106		this is going to be D, this is going to be E and F,
107		and here it's just going to be four,
108		okay, so here we can now just simply start to get the mind used to the idea of the hand,

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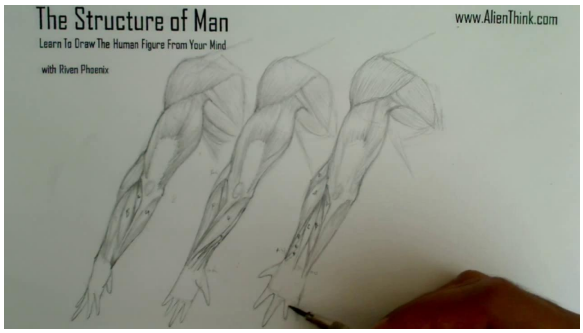
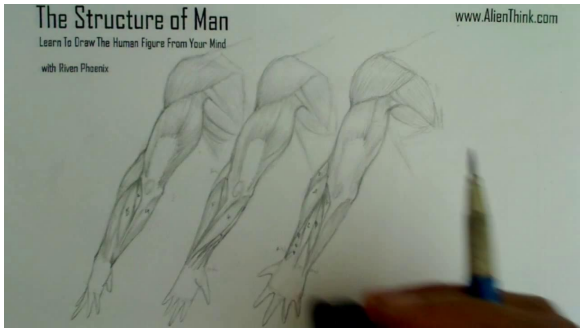
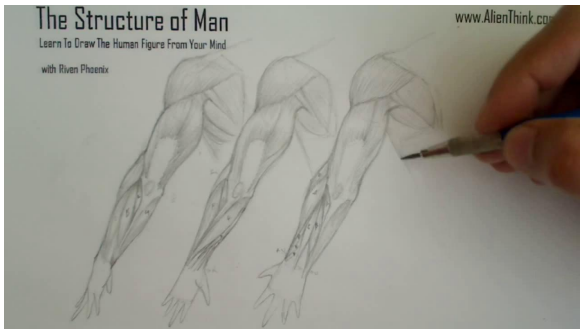
109		to be able to draw them out a little more quicker, right, it's just getting the basic concept
110		down at the hand, because we already understand the bone structure, so we just have to do it that way,
111		and this will be your door side muscle over here, okay, so one, I guess over here,
112		right, so we can do one last arm looking from the back,

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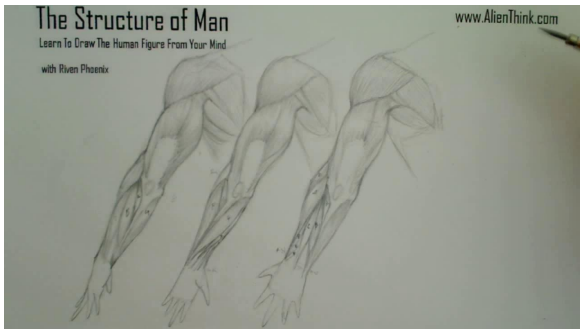
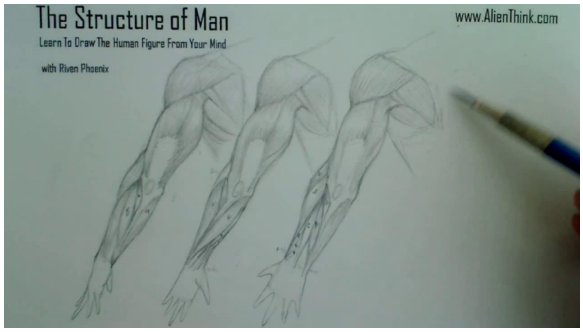
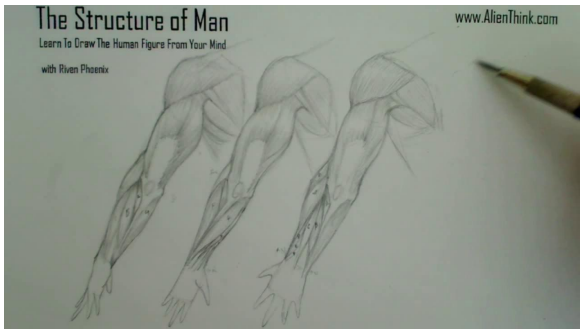
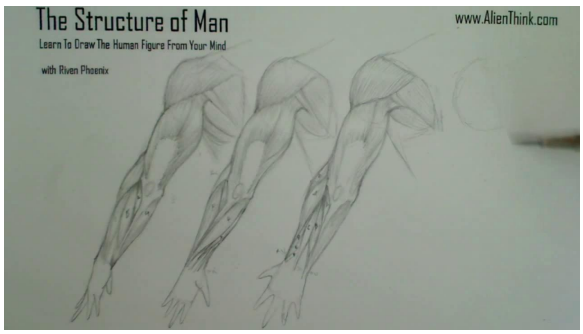
113		so this arm, what we'll do is for this one, I'm just going to let's say do this one,
114		kind of going, let's say if it's twisting more on the other way, like what would happen,
115		right, so here I'm just going to again just draw out the shape over here, and then over here,
116		just do that same idea for the chest cavity over here, right, so what we'll do is for this one,

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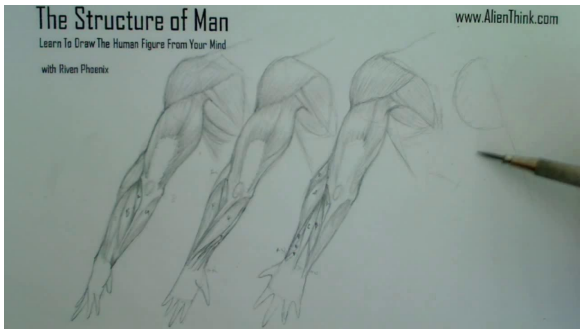
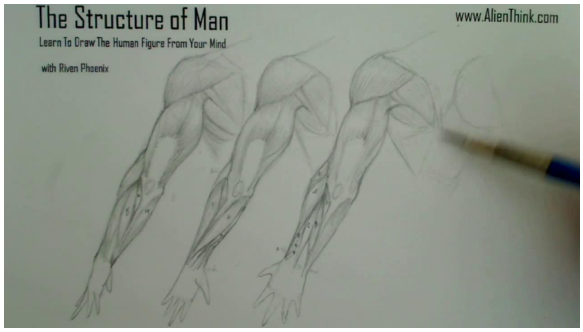
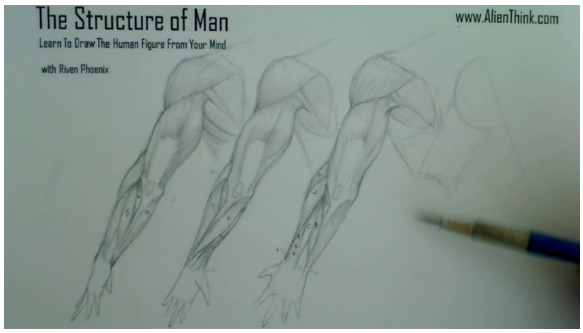
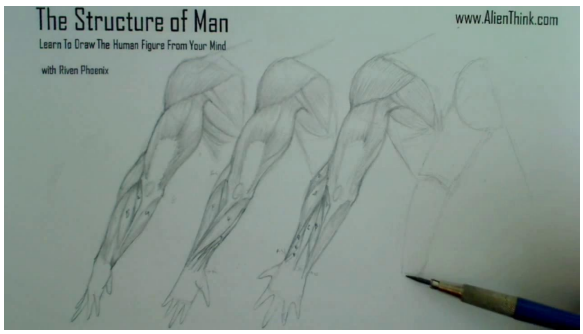
117		we'll actually do it this way that we want to draw the arm out going in this direction,
118		right, so it's like coming more towards its over here, and this, let's say this is going to be the
119		elbow, and then over here we'll just get it twisting this way over here, okay, and then so that
120		means for the arm, for the hand, what we want to do is really to draw this hand, what we want to

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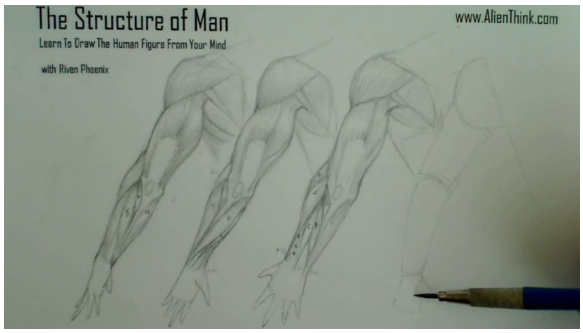
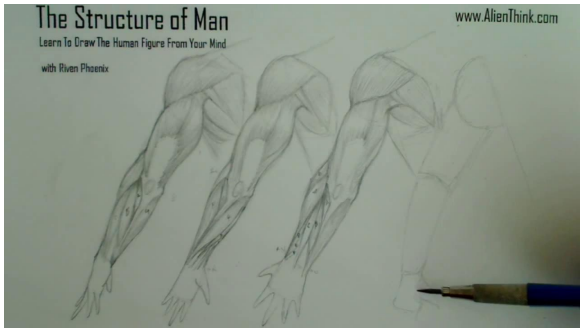
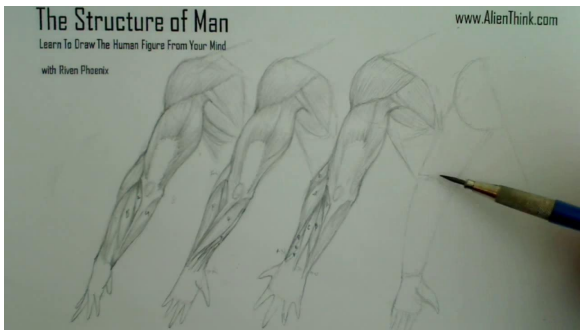
121		do is just, let's say the thumb is just going to be going more along this way over here, right,
122		I want to like see that area for the thumb like this, and let's say that we're just going to,
123		let's say just do it this way over here, draw this a little bigger over here like this,
124		so here's where the elbow basically is just going to be now, right, so we're doing it so it kind

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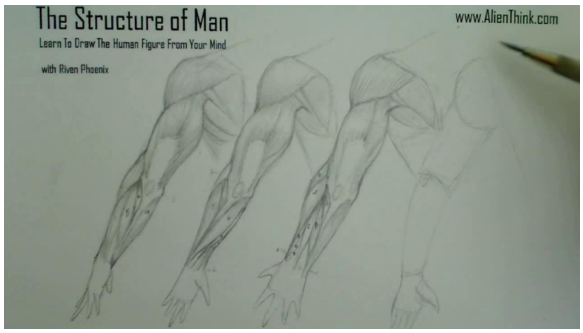
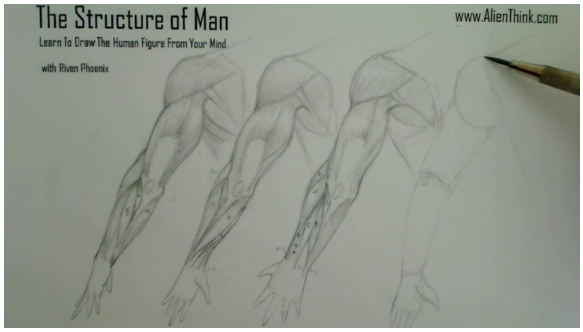
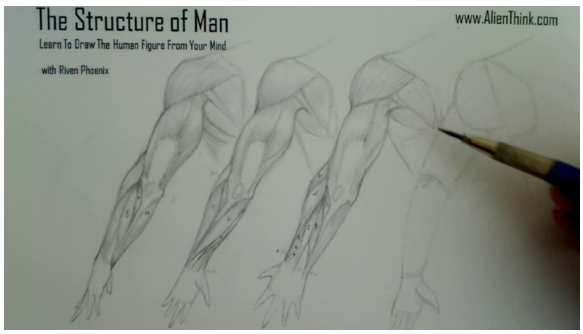
125		of comes out over here, and here I'm just going to do it this way, and then here I'm just going to
126		make the line for the scapula over here and do the same thing, right, it's the same process of
127		thinking about the mannequin system that's allowing us to do this, right, so now let's just think
128		about, okay, what is it that we're trying to accomplish here, and what we want to do is really push

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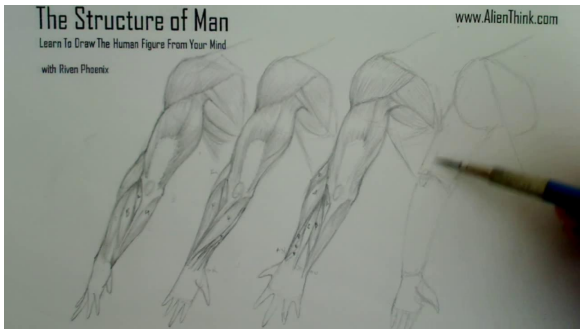
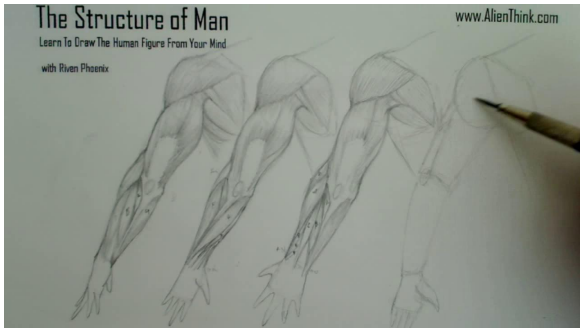
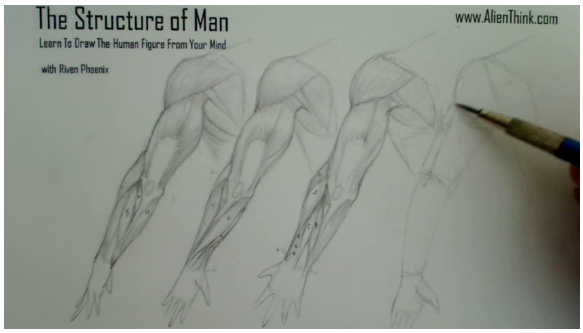
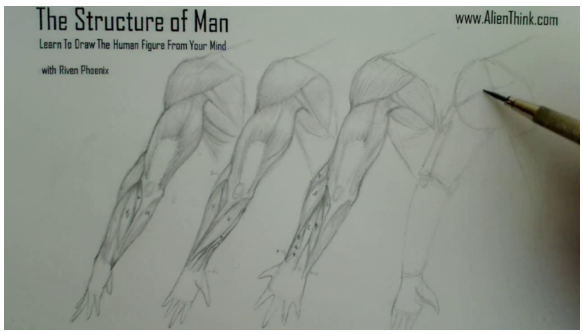
129		the tricep out more over there in that area, right, so this means that if I do the tricep is going
130		to now stretch more, right, we know that it's going to connect here, right, we've just been through
131		this whole idea, so now we've got to think about, okay, well this means really that the
132		the deltoid is going to stretch a little more, right, it's still going to be just like this the way

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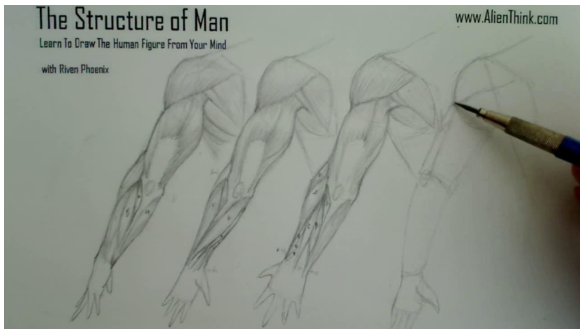
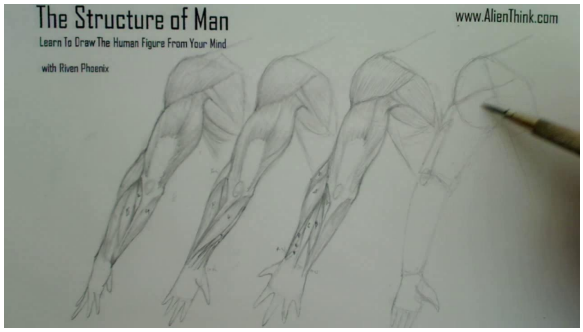
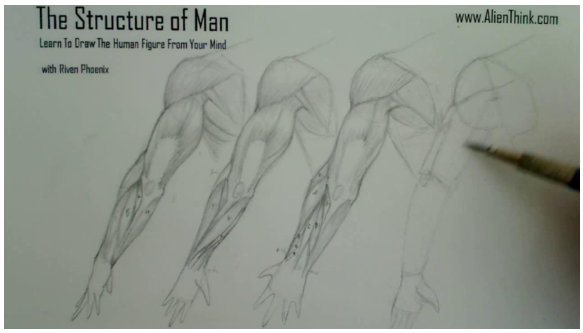
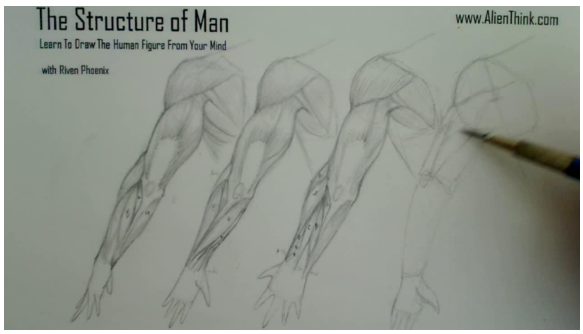
133		we had it, but now the tricep is going to be stretching more over here, right, so what does that mean,
134		it really just means not much that it's just going to come out like this, but over here is where
135		we're now going to use our information that we talked about, see here, I'm going to make this line
136		here first, so you can see it separates here into two triceps over here, just like this, right,

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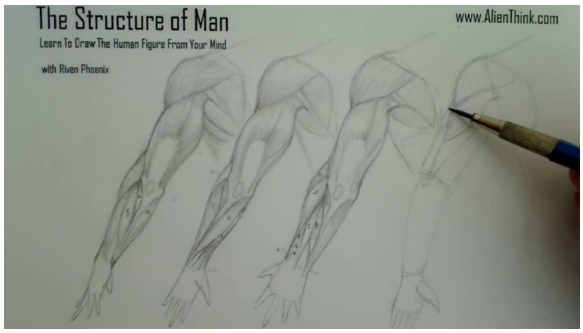
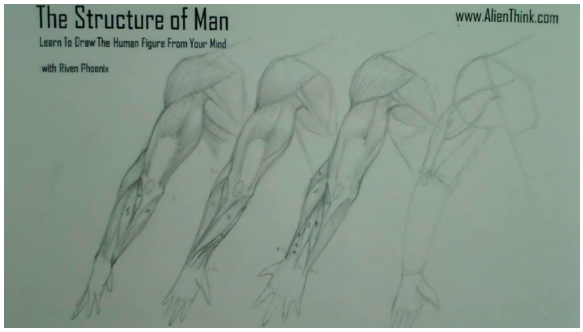
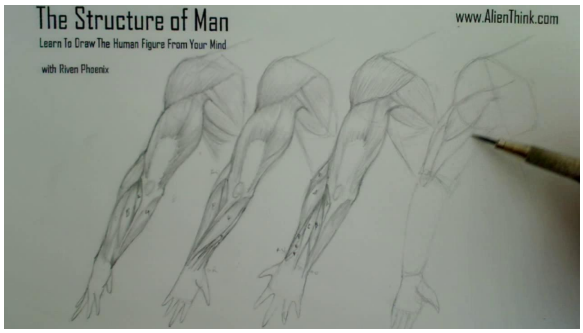
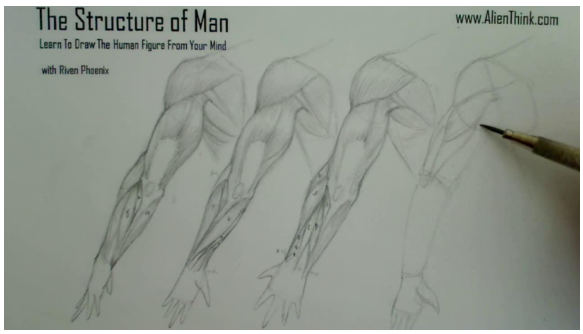
137		so this guy here is going to be just like this over here, we'll erase some of these lines so
138		you can see, you got to think all this stuff in like these balloon forms first, right, regardless,
139		it will come out to be a looking realistic, it doesn't matter, right, so over here when we do that,
140		right, we got to think about, okay, well, I mean how big is this tricep, and here we can say that,

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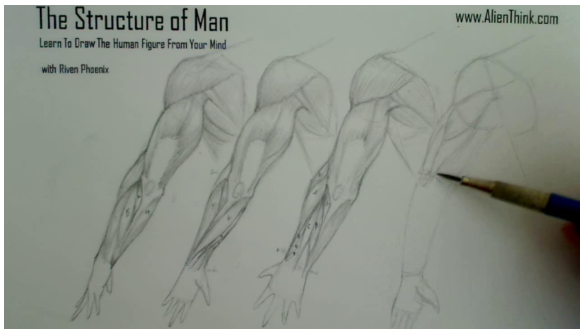
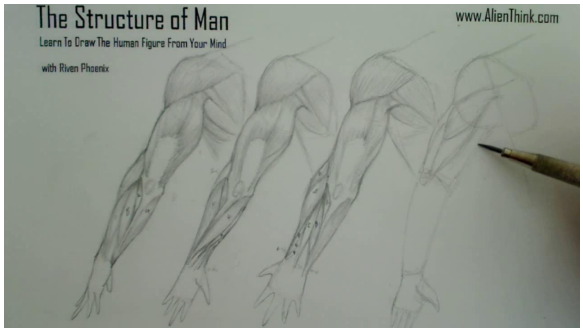
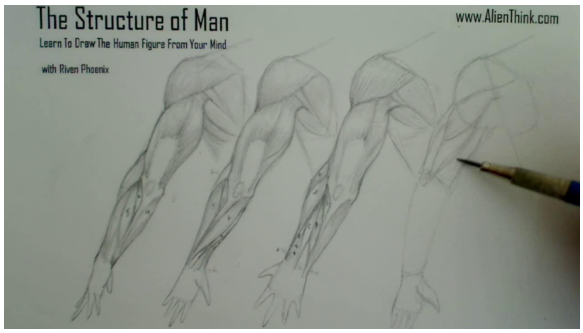
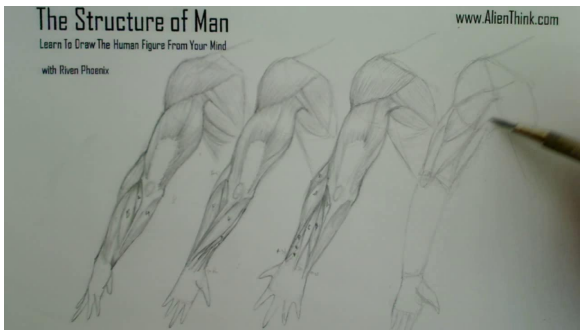
141		okay, it's going to be definitely at least about this big, because what's going to happen is that I'm
142		then I'm going to start to get my bicep over here, right, I'm going to see the under of the bicep
143		and guess what, you're going to see all the muscles that we talked about, and you're going to see
144		that muscle that comes up, remember the muscle from inside, just muscle here, just to start to think

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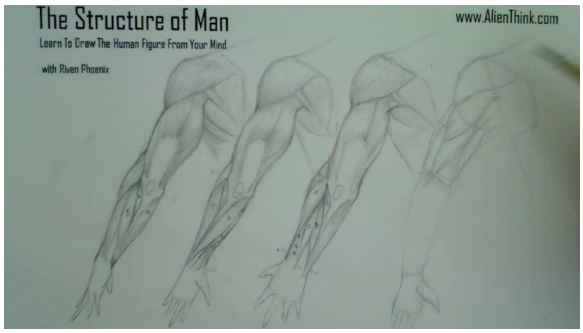
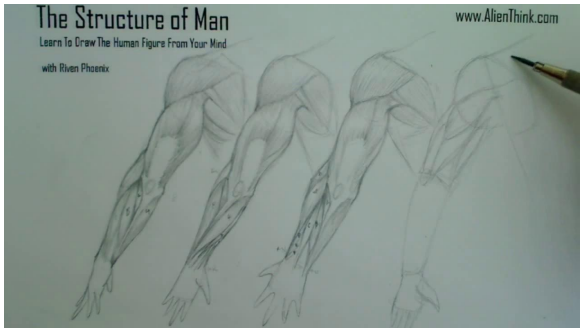
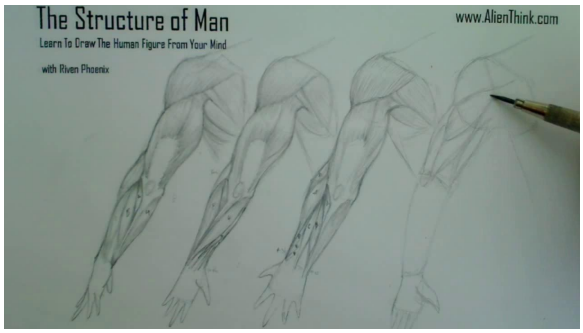
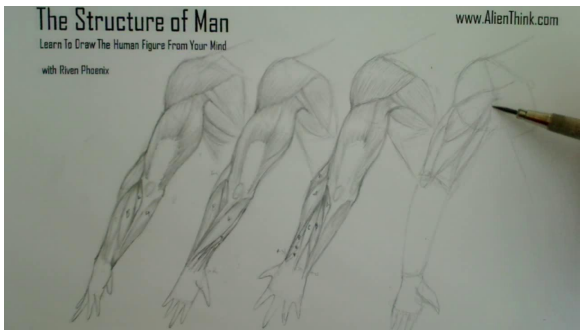
145		about, okay, well, that I know that here is, where's the muscle coming from, right, so I know that,
146		okay, the scapula is going to be like this, right, it's going to go like this, and I know that
147		that muscle is just going to be like this, so, right, things are going to start to make much more
148		sense now, because it's all going just like this, and it's just going to go like this, right,

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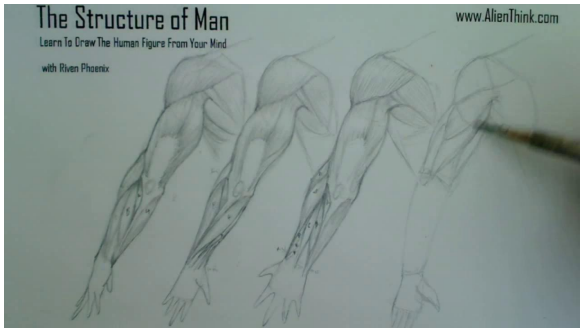
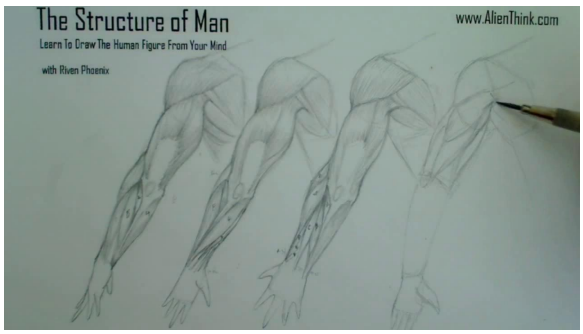
149		so meaning that that muscle will be there, but you're really not going to see it because of the tricep
150		coming in the way, right, it's just going to be this odd looking connection that's going to happen,
151		right, that's what's going to happen, so this is the back over here, and then of course you're going to
152		just get these lines over here for the scapula, and then the dorsi muscle will start to come in,

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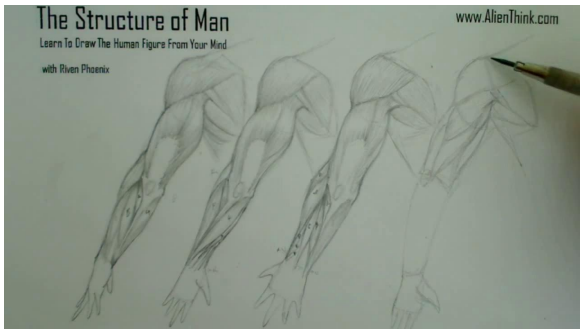
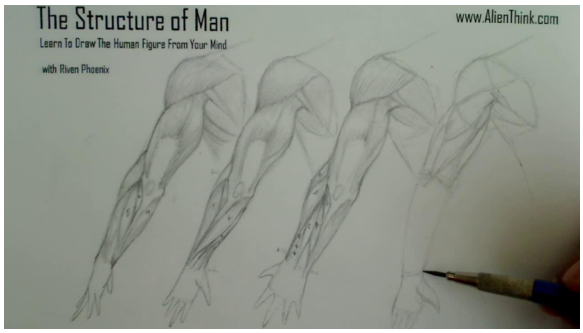
153		right, it's just solving the problem thinking about the muscle connections, so here you know that,
154		okay, over here, I'm on the inside here, and I know that the radius is on the other side,
155		and I know that the radius is going to connect here, right, you're going to have the same idea
156		happening again, but now you're going to have to think about this in a much more different sense here,

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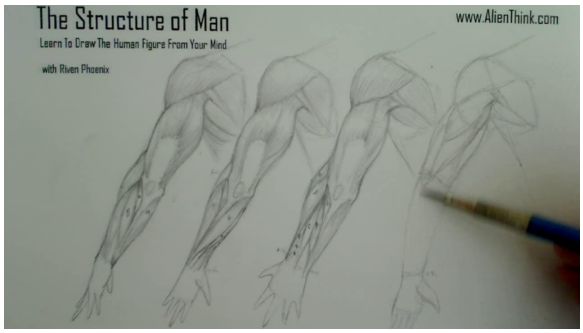
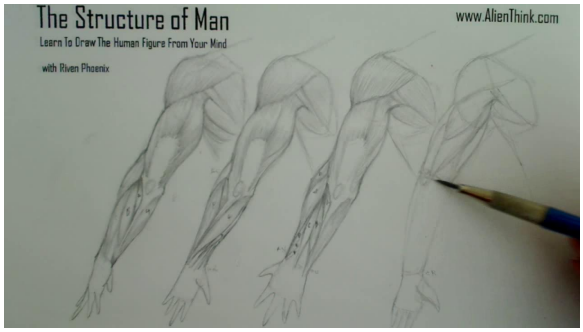
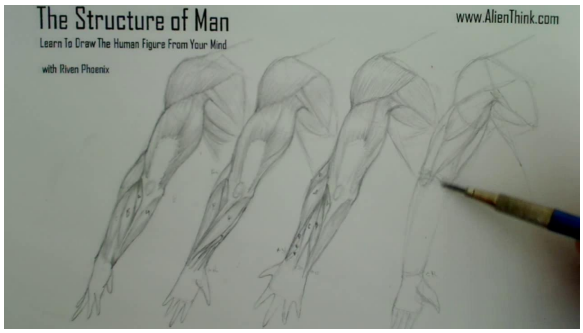
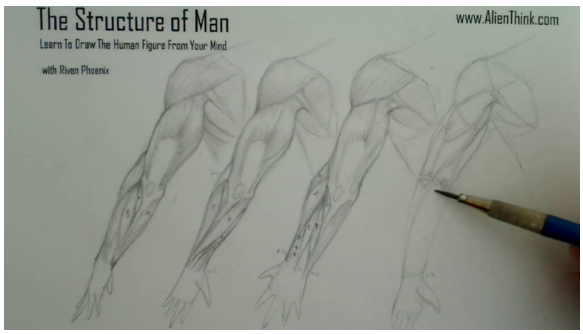
157		so you know that, okay, right, well the bone for the outline is definitely going here, so now I'm
158		going to think about this in more of a 3D sense, right, don't just do it in like this is like here,
159		it's going to be the funny bone over here, so how big are these muscles going to be? Well,
160		it's obvious that this is going to be number 4 over here, right, we went through that as an idea,

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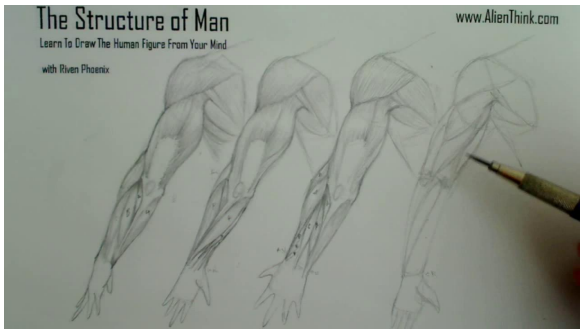
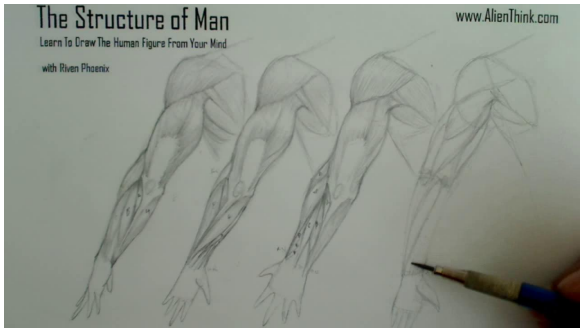
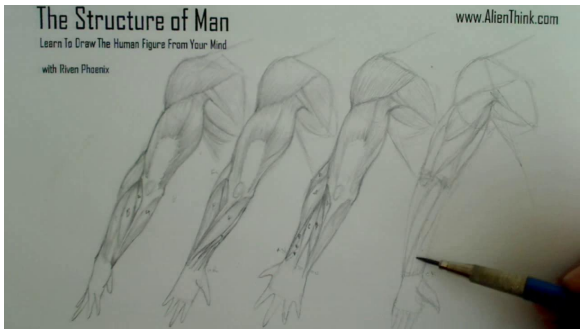
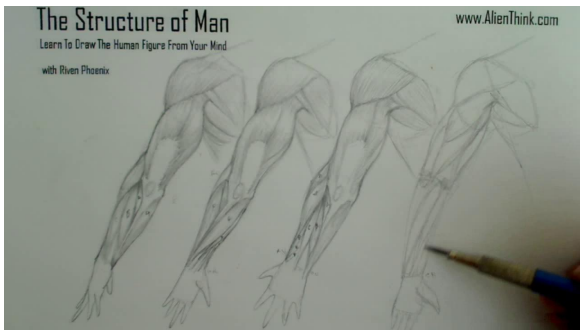
161		so if that's number 4, right, you're going to get all the connections over here, 1, 2, 3,
162		right, they're just going to come now from the other side like this, you know that they're balloon
163		and then they become like these strings, so this is 3 and then over here I'm going to get
164		2, then over here I'm going to get where this is coming out is going to now become 1 over here,

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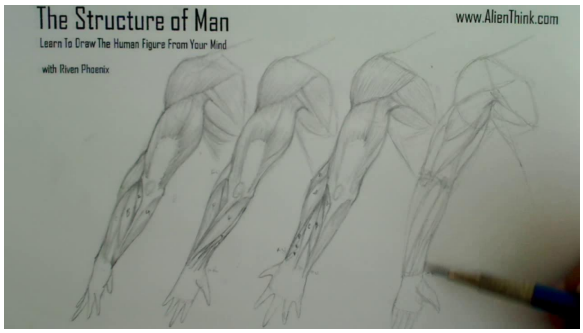
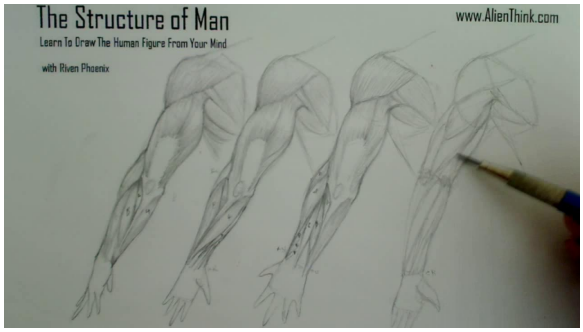
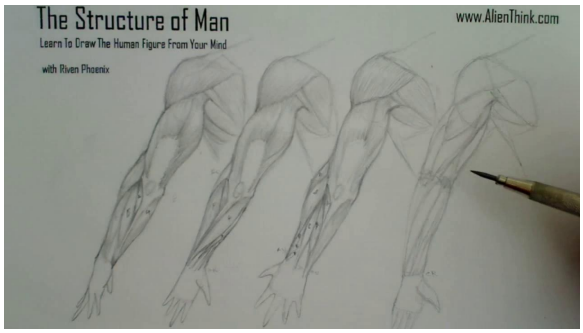
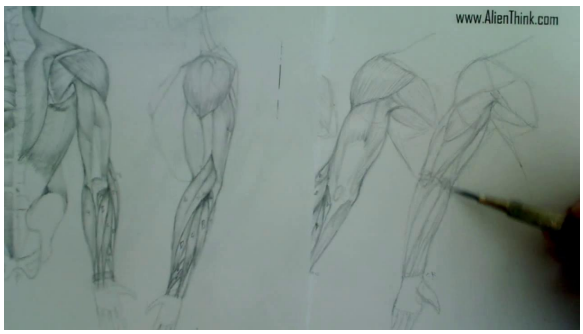
165		right, so these are all connecting here to the funny bone, right, and then we know that,
166		right, the tricep is just going to be over here, then what exactly happened over here then,
167		right, so let's go figure this out, here let's look at the joint, we know that look, you got to
168		understand that the fifth muscle is also going to be coming in just like this over here, right,

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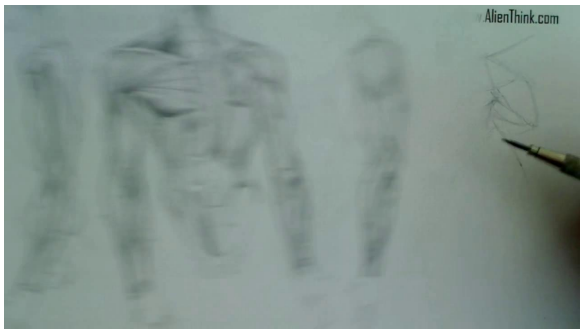
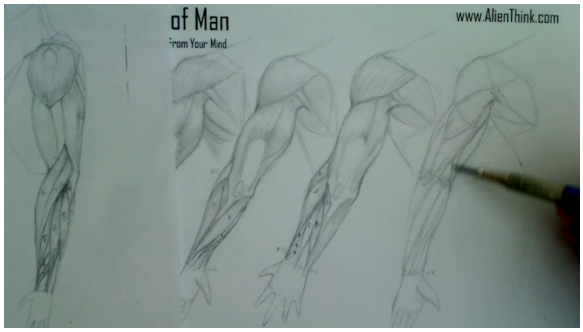
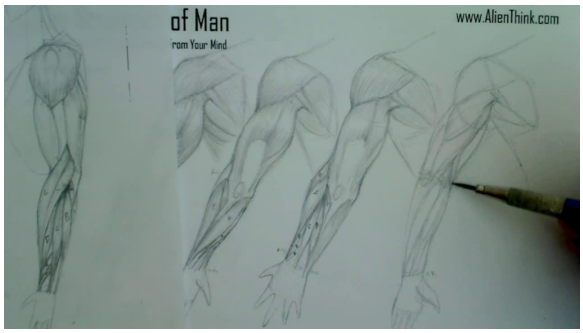
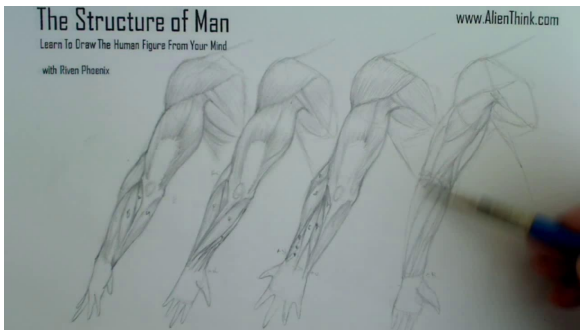
169		and then and then look that you got to keep an eye for the other muscle, then it's the bias,
170		right, so this is where we're just and this is you can just make that into like a flat area,
171		right, you got to think, here we can see that we have to force the mind to think about these ideas,
172		in a very simple sense here, so we know that okay, I'm going to get muscle A, then here is muscle B,

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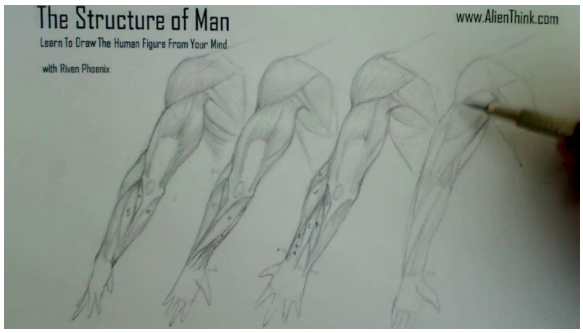
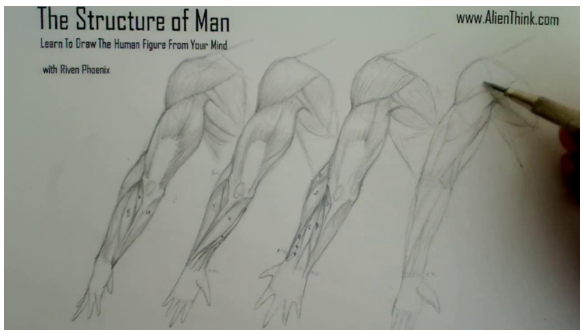
173		and that's it, right, then this is what's going to form these muscles automatically,
174		right, so we have to think these ideas through regardless of what type of drawing you're doing,
175		so now we're just going to simply fill in all these ideas like this over here,
176		and here I'm just going to fill this in just like this over here,

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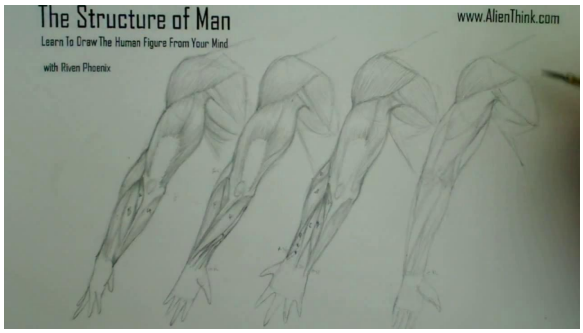
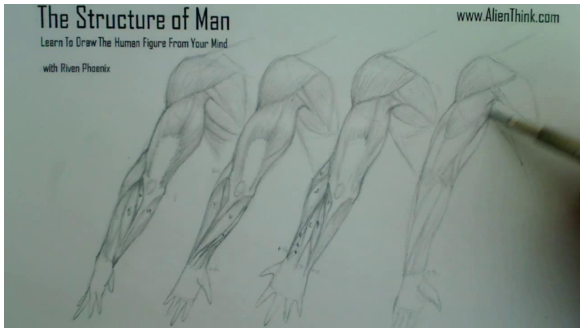
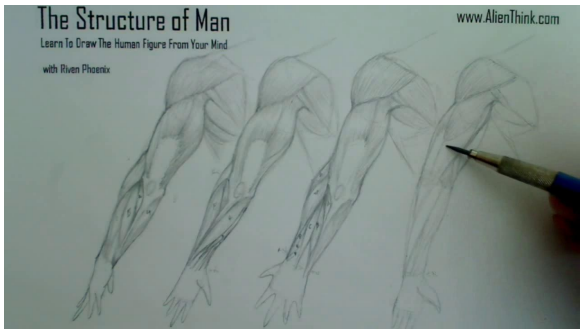
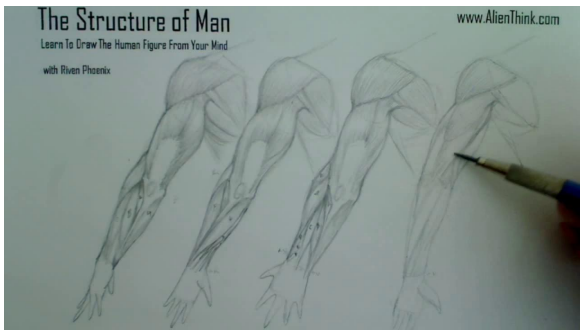
177		and this is just going to go like this, okay, and then over here, I'm going to just get this,
178		all here again, I'm just drawing out over here, really the tricep over here, this is going to be
179		kind of big here, right, so you have to really fluctuate with your thinking what muscles you're
180		are you trying to show, right, over here because it's going to get this line here that's going to go

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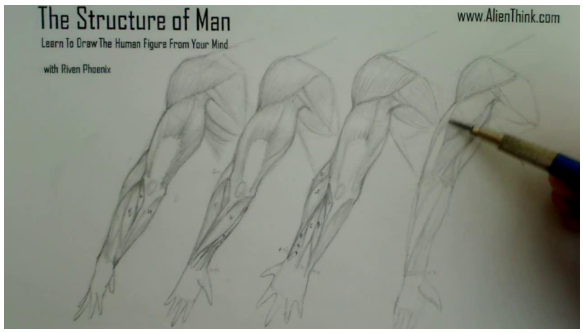
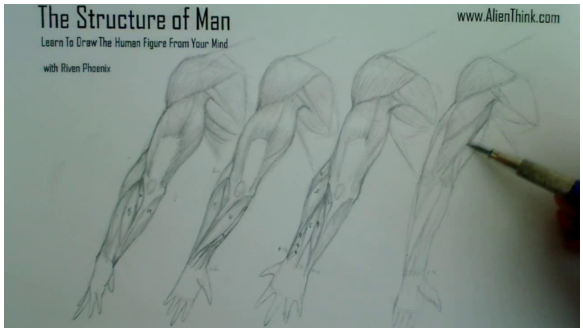
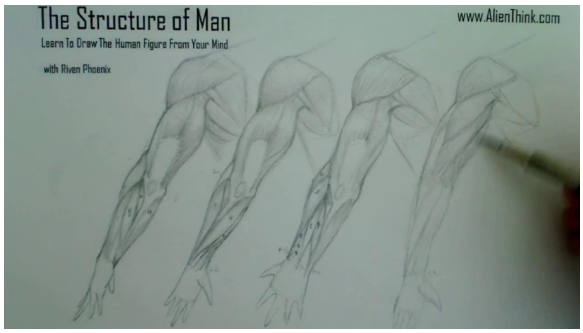
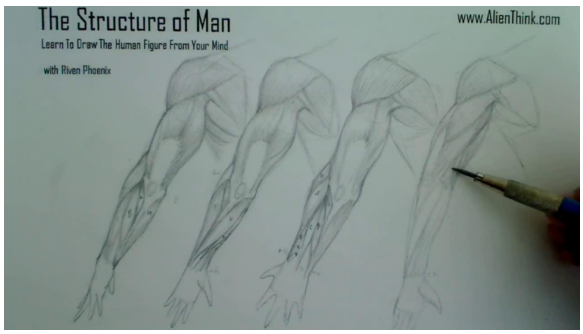
181		with it, right, because it's a second muscle over here, that's where you're going to get like the
182		area for the under DR, and over here all we can do is just basically fill all the stuff in
183		just like this, because the lines are just making starting to make sense, right, as to where they're
184		going, right, remember, this is the the funnibal, so this area is just considered flat over here,

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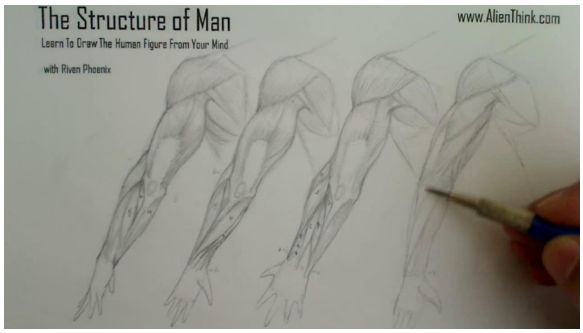
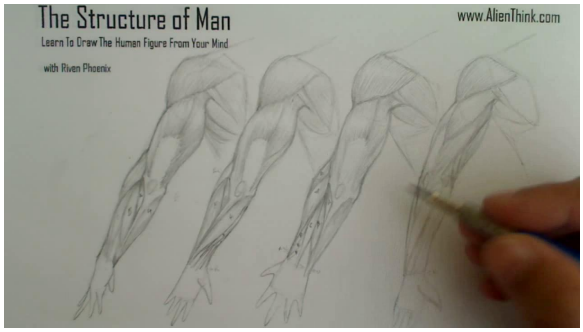
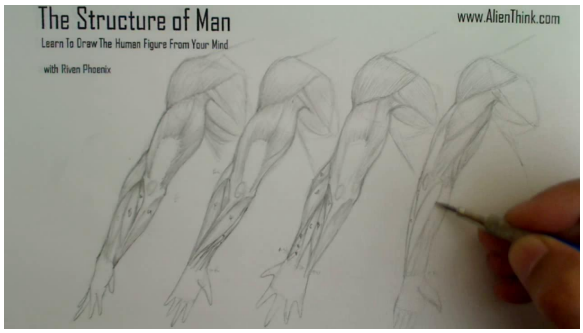
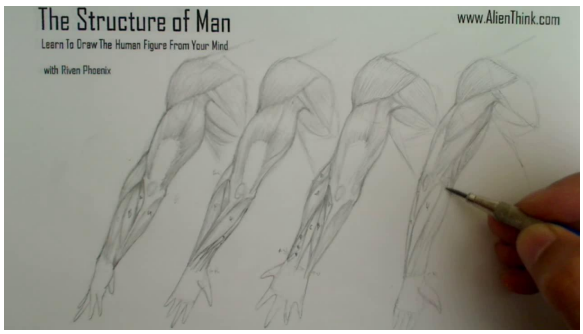
185		so here's going to be my elbow idea, right, and then here I'm going to get muscle B,
186		and this is A, right, and then over here, this is just going to be, over here we just have to
187		balloon it out and say, right, this is going to be four, and then from the top, right, it's just
188		like this, it's just coming down over here, like so, and this is three, and then over here,

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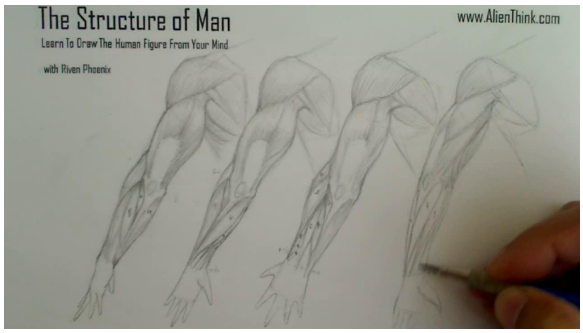
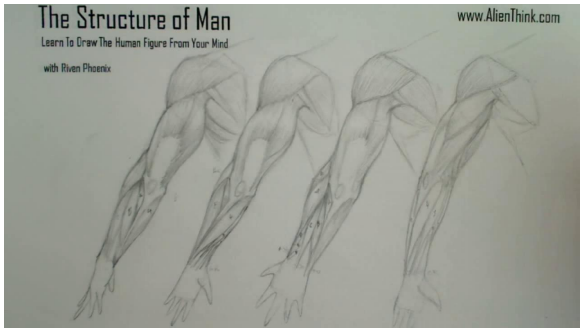
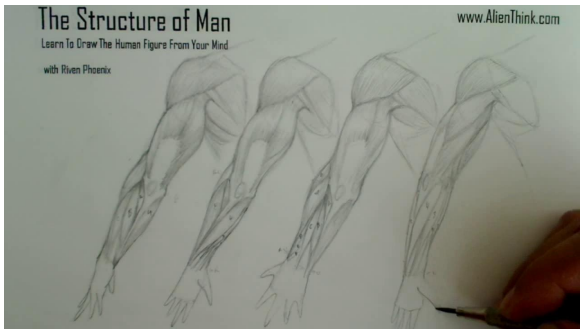
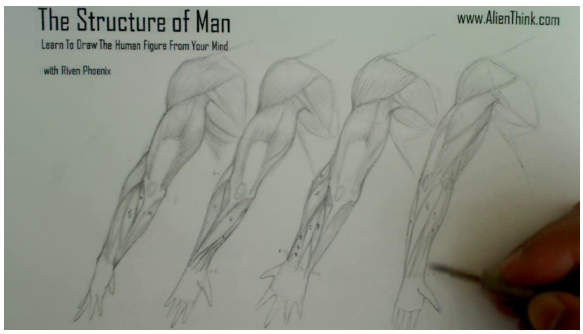
189		this is going to be two, and then over here we're just going to get one, right, and it's just all
190		going to come together like this, and we're done with this drawing, and then over here,
191		it's just going to be like this, right, so for now just do it this way, that this is for the
192		okay, so I'll see you in the next lesson, thanks.

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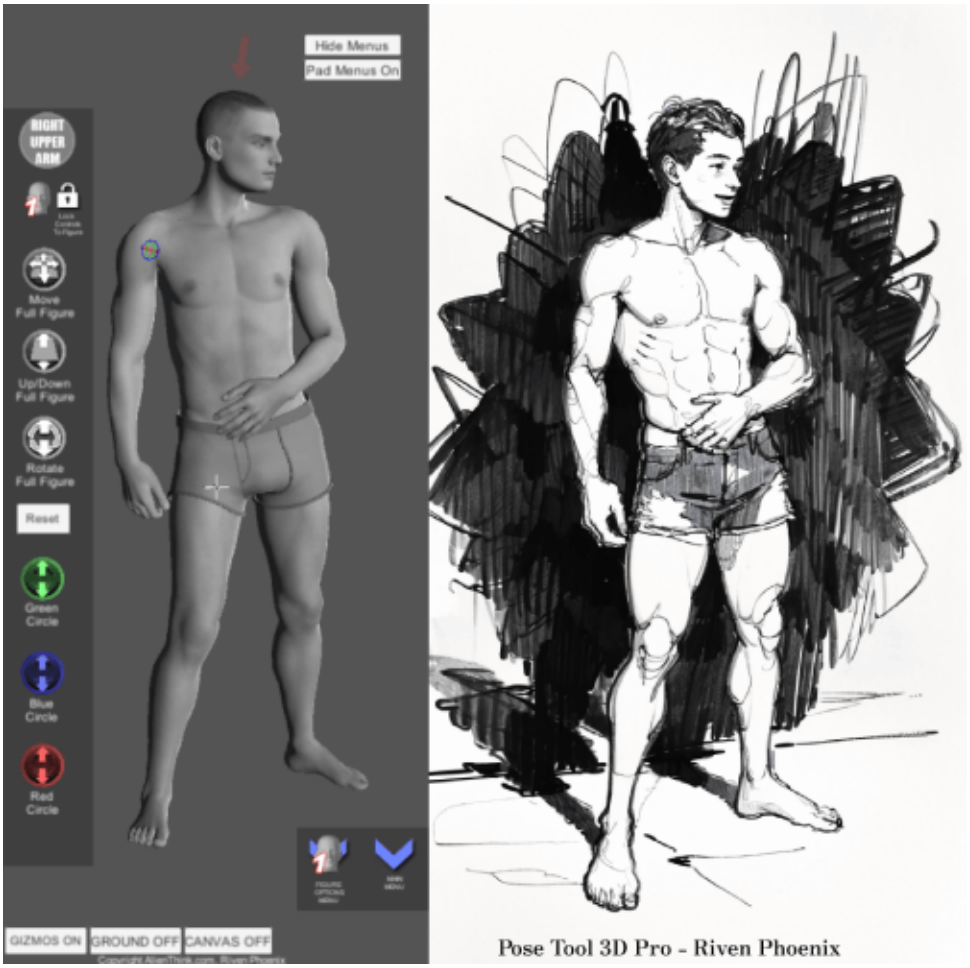

www.alienthink.com/pose-tool-3d/

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